

## Radical Healing Notes from Detox Chapter 8

p. 308, fig 86: **Attention to Major Cleansing Channels**

	<u>Maintenance</u>	<u>Extra Help</u>
Colon	exercise high fiber diet water	lemon/honey/salt drink triphala
Urinary tract	water diet low in fat, salt, protein	whey cell salts:Nat sulph 6x, Kali mur 6x
Skin	water aerobics	brushing exhale 2:1 inhale
Lungs	complete breath	diaphragmatic breathing w/ sandbag

p. 311, fig 87:

### **MAINTENANCE CLEANSING**

1. Keep the “big four” working well: lungs, colon, kidney/bladder, skin
2. Keep the liver in good shape and lymph flowing
3. Keep potential foci clean and flushed regularly (nose, teeth)
4. Minimize input – environmental toxins and aama production

### **MAJOR CLEANUP FOR A BACKLOG**

#### **“Heroic Measures”**

*Panchakarma*

Colonics

IV chelation

Liver flush

Oral enzyme Rx

(Sauna/Steam)

\*Juice Fasting

p. 315 fig. 89

#### **JUICE FAST**

6-10 oz. each depending on body weight

6 am Lemon (honey/salt) water

8 am Grapefruit/orange juice (fresh!) 3:1

10 am Carrot/apple 3:1

12 noon Grapefruit/cucumber/lettuce juice 5:3:1

2 pm Carrot/apple/celery 3:2:1

4 pm Green juice= carrot spinach

6 pm V6 or V8: carrot, zucchini, celery, tomato, green pepper, onion, (heated if weather is cool)

8 pm Hot herbal tea according to constitution, weather etc.

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p. 316 fig. 90 **CLEANSING DIET**

### **Breakfast**

Low-sugar fruit, grapefruit

### **One Hour Before Lunch**

Water

### **Lunch**

Steamed Veggies

(grain and possibly a legume or tofu)

### **One Hour Before Supper**

Fresh Veg juice

### **Supper**

Soup or salad

*Pancha Karma* (5 actions, only 3 used contemporary): enema, laxative, emetic (vomiting called *vamankarm*): other blood-letting, sneezing. The home of a *dosha* is the *kosht*.

## **THE CLASSIC PANCHAKARMA STRATEGY**

OIL MASSAGE

(lubricates passages)

SWEAT BATH

(drives dosha home)

Then, to remove

KAPHA	PITTA	VATA
From	from	from
STOMACH	DUODENUM	COLON
STOMACH	LAXATIVE	ENEMA
WASH		

Biochemically, detoxification involves two steps or “phases.” The first mobilizes toxic substances from their storage sites. Since many toxic environmental chemicals are fat-soluble, when absorbed they gravitate to the fatty tissues of the body, where they may remain for a long time. Phase I reactions convert these substances to water-soluble forms that can be released. P. 325 (Important to move to stage II quickly!

Hippocratic “Healing Crisis”, give me a fever and I can cure anything. P. 327/ Sickness as feeling your way toward a new way of being! Nature\_ nurturing inner drive to heal. Reorganization. Reconfigure yourself.

p. 330 fig. 98 **HERRINGS LAW OF CURE**

The Curative Process Moves:

- From within outward
- From the more important to the less important organs
- In reverse order of the onset of the symptoms
- From above downward